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## CHFS Focus Employee Spotlight: Dr. Stephanie Mayfield

Stephanie Mayfield, M.D. had been on the job less than a month when word came that samples of the H2N2 pandemic flu strain had been mistakenly mailed to laboratories across the nation. As director of the State Public Health Laboratory, it was her job to ensure that all samples received at 69 labs across Kentucky, including the State Public Health Laboratory, were destroyed immediately and with the correct safeguards.



“Our hospitals and laboratories throughout Kentucky responded in an expedient manner to safeguard the public,” Dr. Mayfield said. “Our role at the state laboratory in situations like this is to ensure such a response and to render advice. The destruction of this H2N2 flu strain, which was received for proficiency testing, was a concerted and successful effort.”

Dr. Mayfield and her staff quickly contacted all labs and have now confirmed that they destroyed their samples.

William Hacker, M.D., Commissioner of Public Health, said of the situation, “This was a contained threat that occurred through a manmade mistake, but it demonstrates the lab’s enhanced capacity to deal with a host of emergency situations. I want to especially commend Dr. Stephanie Mayfield, our first state lab director who is also a physician and a board-certified pathologist, for her direction of the swift response.”

The Cabinet announced the appointment of Dr. Mayfield in early April.

Dr. Mayfield comes to state government from the Veterans Administration Medical Center in Louisville, where she served as staff pathologist and blood bank director. In addition, she is an associate professor in the Department of Pathology at the University of Louisville School of Medicine.

Dr. Mayfield said she is excited to be part of the state’s public health department. “Thank you for the opportunity to serve as the director of the Kentucky State Public Health Laboratory,” Dr. Mayfield said. “I hope to further enhance

the laboratory’s internal and external customer relations through enhanced technology, quality improvement programs and education. The state laboratory’s overall objective is to assist our public health department in building healthy communities.”

Previously she has worked as a teaching fellow in the Department of Biochemistry at Tennessee State University, as a chemist for CIBA GEIGY Corporation in Greensboro, N.C., and as associate chief of staff for education and special programs at the Louisville Veterans Administration Medical Center, among other positions.

She completed her medical education at Meharry Medical College in Nashville and the University of Medicine and Dentistry at New Jersey Medical School, Newark Hospital and Robert Wood Johnson Hospital. She was the 1989 recipient of the William B. Settle Award for Outstanding Proficiency in Pediatrics. She received an undergraduate degree in chemistry from Johnson C. Smith University in Charlotte, N.C.

Secretary Holsinger said of her appointment, “Dr. Mayfield brings a wealth of expertise and knowledge to this position that will be of great service to the Commonwealth.”

With her handling of the flu sample crisis, Dr. Mayfield has already performed a great service to the state.

## CHFS Focus Program Spotlight: KCCVS Governor’s Volunteer Awards program honors spirit of community service

The Kentucky Commission on Community Volunteerism and Service is best known as the administrative agency for Kentucky’s AmeriCorps program. But KCCVS also administers another program that gives the public a glimpse into the lives of extraordinary volunteers and rewards the service of some of Kentucky’s finest volunteer assets.

The Governor’s Awards for Outstanding Volunteer Service was launched in 1975 and since 1995, the awards program has been administered by KCCVS. A special awards ceremony was held last week in the Capitol Rotunda to recognize the 2004 Governor’s award winners. A panel of judges with extensive volunteer and community service experience chose 17 winners in nine categories. Governor Ernie Fletcher was on hand to personally present the awards to the winners. Also hosting the evening’s ceremonies were Department of Human Support Services Commissioner Marla Montell, KCCVS Chairman Pat

Hargadon and Jana Sturm KCCVS Commissioner and Chair of the Awards Committee.

Montell said the spirit of neighbor helping neighbor is a Kentucky tradition that continues to this day. “Kentuckians volunteer at a rate more than twice the national average – 67 percent of adults in Kentucky reported having volunteered in 2004, significantly exceeding the 2004 national volunteerism rate of 28.8 percent,” she said.

Governor Fletcher said the 2004 award winners represent “a diverse cross-section of personal backgrounds, ages and areas of service.” He added that such a diversity of opportunity is one of the best selling points when it comes to recruiting volunteers.

“Everyone can do something,” he said. Eileen Cackowski, KCCVS director, said that when she first arrived in Kentucky, she immediately was impressed by the helpfulness and willingness of Kentuckians to pitch in when there is a need.

“Each year’s nominations for Governor’s Volunteer awards reinforce the fact that community service is both a birthright and a responsibility Kentuckians take very seriously,” Cackowski said.

## 2004 Award Winners

### Challenge Adult Award

#### **Cristel Hunt - Kimper/Pike County**

A volunteer for Johns Creek Elementary and Pike Central High School, Cristel Hunt has overcome incredible obstacles to give her time and care to others. Beginning at home with her three children who require special care, Cristel extends her skill and knowledge as a mother to children in the classroom. She sees potential where others see limitations.

### Innovation Youth Award

#### **Franz Ashton Inden - Harrodsburg/Mercer County**

It wasn’t a lemonade stand, but an antique mall booth where Franz learned the art of buying, selling and honest dealing. With profits from his sales, he financed a project that has provided white spruce trees, picnic tables and benches at Mercer County’s Anderson Dean Park. His gifts are a living testament to hope for the future and peace, love and understanding for today to all who enjoy the beauty created by his generosity and volunteer spirit.

### Non-Profit Group Award

#### **Prevent Child Abuse Kentucky - Lexington/Statewide**

To help shed light on the crime of child abuse, PCAK partnered to create “Promise Not to Tell, a Teachers’

Guide to Recognizing and Responding to Child Sexual Abuse” – a training series for teachers that included an informational binder for each public school teacher and a poster for each school. PCAK also distributed a poster featuring NFL stars for display in public schools and on Lex-Tran buses, reminding about 94,000 people a day that “Real Men Leave the Hittin’ and Slammin’ on the Field.” Volunteers have contributed more than 16,986 hours to raise awareness of the issue of child abuse.

### Challenge Youth Award

#### **Amanda D. Knopf - Murray/Calloway County**

Eighth-grader Amanda has dedicated hundreds of hours to the Murray Animal Shelter where she unites lost pets with their owners, exercises, feeds and waters the animals and cleans cages. She is also a volunteer for “Bark in the Park,” a local animal adoption campaign. She believes all young people should volunteer and be involved in their communities.

### Lifetime Achievement Award (tie)

#### **Ronald Joseph Billings - Louisville/Jefferson County, presented posthumously**

#### **Faye LaVerne Brumley - Lawrenceburg/Anderson County**

A childhood polio survivor, the late Ronald Billings had a successful career and traveled extensively long before there were laws making access a right for the disabled. Driven by his belief that a community is a stronger and better place to live and work when all citizens have full access, he dedicated his later years to volunteerism and community service and worked to make sure the rights of the disabled were included in Kentucky’s Civil Rights Act. For a half-century, Faye Brumley has been a consummate volunteer in her community. She was a key figure in efforts to bring community education to Lawrenceburg and provided leadership and advocacy in the creation of the Apple Corps Volunteer program and the local Community of Promise. She has also served her church, various clubs, boards, the PTA and many non-profit organizations. Her volunteer hours number in the thousands. And she’s nowhere near done yet.

### National Service Individual Award

#### **Aaron Hutson - Lexington/Fayette County**

An AmeriCorps VISTA member, Aaron’s volunteer service goes above and beyond the requirements of his program. He has volunteered more than 1,300 hours and recruited 42 volunteers for various community programs in Lexington. His extraordinary service has involved him in Kids’ Cafés, Family Literacy Nights, science learning projects and computer literacy classes, all efforts to help others improve their own lives and future prospects.

**Innovation Adult Award (tie)**

**Wallace Bryan Jr. - Hopkinsville/Christian County**

**Mary Frances Miller - Versailles/Woodford County**

It takes a special kind of spirit, a special kind of passion, to sell your safe, comfortable home and move to a high-crime, decaying neighborhood just to send a message. But that's just what former Hopkinsville Mayor Wallace Bryant Jr. did. When conventional efforts failed to reclaim the streets in an area of town described as unsafe and hopeless, he tried a more unconventional method. By becoming a resident of that neighborhood, his spirit and passion to improve lives sparked a neighborhood revolution that resulted in a community where hope has been restored and residents are now proud to call home. Also earning the Innovation Adult award, Mary Frances Miller deserves the nickname "The Mail Carrier." Neither rain, nor sleet, nor heat, nor dark of night keeps this vivacious lady from her appointed rounds. She grocery shops, shuttles seniors to various appointments and volunteers at the senior center and the Woodford Adult Day Program. She also volunteers at her church as an usher, a member of the choir and a Vacation Bible School worker.

**Volunteer Support Award**

**The Best Grandparents in the World -**

**Richmond/Madison County**

Students at Mayfield Elementary School in Richmond are lucky and happy to have the love of grandparents, although the ties that bind these relationships have nothing to do with blood and DNA. AmeriCorps member Sandy Spaulding worked to pair academically challenged students with local senior citizens who were willing to share their knowledge, skill, patience and affection. Students and grandparents alike took more away from the experience than any of them expected.

**National Service Group Award**

**USA Cares - Greater Louisville, Ft. Knox/Bullitt County, Radcliff/Hardin County**

Kentucky has seen her share of military men and women deployed overseas. Sometimes the families left behind face difficulties. The national support program USA Cares was born when Louisville NBC affiliate, WAVE 3 TV, regional Kroger stores and the Ft. Knox Chapter of the Association of the U S Army joined forces to help ease the strain and fill the needs of area military families. They see to it that cars are repaired, pantries are stocked, mortgages are paid, emergency travel is provided, and home fires remain burning for loved ones on active duty.

**Citizens Corps Individual Award**

**Pamela Gillim - Owensboro/Daviess County**

Pam Gillim was a member of the very first class of Community Emergency Response Team graduates in

Daviess County, and since then she has continued to volunteer up to 20 hours a week as a member of the local Citizen Corps. She has assisted with each succeeding CERT class and volunteers with emergency management, law enforcement and search and rescue efforts, while working to ensure that Daviess Countians with disabilities are also served.

**Citizen Corps Group Award**

**Audubon Area RSVP Neighborhood Watch - Owensboro/Daviess County**

When we think of protecting people in a hostile environment or security in a post 9-11 world, we usually do not think of the Retired Senior Volunteer Program. Perhaps we should. In Kentucky, this organization is serving Homeland Security efforts to assist local law enforcement officials with Neighborhood Watch. Following 50 hours of training, these programs are credited with a 34 percent decrease in crime reported to the Sheriff's Office and 13 arrests on drug trafficking.

**Impact Youth Award**

**Elizabeth S. Singleton - Stearns/McCreary County**

While attending a People to People International Youth Forum in Washington, D.C., 12-year-old Elizabeth was inspired to make a positive impact on her community. Aware that McCreary County is ranked 10th poorest in the nation, and aware that education is the key to success, she founded "Elizabeth's Dictionaries for Kids" with the goal to provide a dictionary to every third grader in the county. She did the math and set out to raise the \$2,556.80 she needed – and exceeded that goal, netting more than \$4,800. Her hard work and vision beyond her years have made it possible for the project to continue.

**Impact Adult Award**

**Margaret Mattingly - Owensboro/Daviess County**

Founder of the soup kitchen in Owensboro, Margaret Mattingly is also a willing volunteer there, helping to serve an average of 80 people a day, seven days a week, in addition to helping prepare meals for local hospice patients. She coordinates program volunteers and duty assignments, makes sure there are adequate supplies, plans the meals and recruits new volunteers. At the age of 80, Margaret worries about who will follow her when she can no longer do this work. We trust that she will enjoy many more years of service and that her legacy will be generations of volunteers to continue her work well into the future.

**Director of Volunteers Award**

**Shirley Henderson - Somerset/Pulaski County**

Shirley Henderson oversees a volunteer force of more than 2,000 serving the Pulaski County School District. A former volunteer herself, she knows the needs of



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volunteers and what it takes to make a good project/volunteer match. One of the hallmarks of her success is the low turnover rate among her volunteers. Many of the parents she recruits to work in classrooms remain long after their own children have been promoted or graduated. Shirley works to make sure the program is enriching, safe and successful for the district, the schools, the parents and, of course, for the children.

### Special Traveling Award Bluegrass Rural Service Region - CHFS Department of Community Based Services

Last year KCCVS established a traveling award to honor the CHFS service region that collected the most beef stew for Kentucky's Make a Difference Day signature project. Last year's winner, the Bluegrass Rural Service Region, collected 51,068 ounces of beef stew - enough to feed more than 6,000 Kentuckians. Bluegrass decided that they wanted to keep the award for another year, so last year they collected more than 123,000 ounces of beef stew - enough to feed more than 15,000 Kentuckians.

### Starting out on the right foot

By Colby Wagoner

After a very successful kick-off event for the Get Moving Kentucky! Get Moving CHFS! program where many of you participated in the walk with Secretary



Holsinger and First Lady Glenna Fletcher, a few questions about fitness walking in general have been brought up. Some folks are beginning a fitness walking program for the first time, and others are getting back into it after a long hiatus. I would like to take the time to share with you a few tips from the Web site <http://www.thewalkingsite.com/beginner.html> on getting started on a fitness walking program so that you may enjoy this activity throughout your lifetime and have the benefits of a healthier life.

Walking is one of the easiest and most profitable forms of exercise. All you need is a good pair of shoes, comfortable clothing and desire.

**That first step:** First of all, start out slow and easy. Just walk out the door. For most people this means head out the door, walk for 10 minutes and walk back. That's it? Yes, that's it. Do this every day for a week. If this was easy for you, add five minutes to your walks next week or pick up the pace. Keep adding five minutes until you are walking as long as desired.

Watch your posture. Walk tall and light, not hunched over and stomping. Think of elongating your body. Hold your head up and eyes forward. Your shoulders should be down, back and relaxed. Tighten your abdominal muscles and buttocks and fall into a natural stride.

Some people have already noticed some slight discomfort or soreness in the lower front part of their legs (shins). This is actually quite common when you first start out. You are probably not experiencing a condition known as shin splints (more common in long distance runners), but basic muscle soreness. The muscles in your shins are just a little weak right now and when you begin walking more at a faster pace those muscles fatigue and get sore quickly. Stretching before you begin and an exercise such as lifting your foot towards your shin while keeping your heel on the floor will help strengthen the muscles and prevent soreness. If the soreness and pain persist, seek medical counseling. You don't want to injure yourself.

Be sure to drink plenty of water before, during and after walking. Incorporate a warm up, a cool down and stretches into your routine. Start your walk at a slow, warm-up pace, stop and do a few warm-up/flexibility drills. Then walk for the desired length of time. End your walk with the slower cool down pace and stretch well after your walk. Stretching will make you feel great and assist in injury prevention.

The toughest thing about starting a fitness program is developing a habit. Walking daily will help; a minimum of five days a week is a good goal. You should walk fast enough to reach your target heart rate, but you should not be gasping for air.

After you have formed the habit, you will want to evaluate your program and your goals. Here are some general guidelines:

- ♦ If you are walking for the general health benefits, try to walk 30 minutes a day, most days of the week, at a "talking" pace. Talking pace means you have elevated breathing, but you can still carry a conversation. If you can sing while walking, pick up the pace!
- ♦ To improve cardiovascular fitness you should walk three to four days a week, 20 to 30 minutes at a very fast pace. At this pace you are breathing hard but not gasping for air.
- ♦ If you are walking for weight loss, you should walk a minimum of five days a week, 45 to 60 minutes at a brisk pace.

- ◆ Once you can comfortably walk for 30 to 60 minutes five to six days a week, you may want to put more "umph" or speed into your routine.

Notice: If you're new to walking, start off with slow, short sessions and build your way up gradually. If you have any health concerns or medical conditions, be sure to check with your doctor for advice before you begin a routine.

Hopefully these tips will help you with your walking. Good luck, and watch that first step!

### Get Moving CHFS ! UPDATE - April 29

#### Keep on keepin' on...

Get Moving CHFS! participants have completed nearly three weeks of movin' and groovin'. Our pilot program has a total of 189 teams participating, and everyone is doing a wonderful job!



#### PAMs

As of Thursday, Get Moving CHFS! teams had logged in just over 28,466 physical activity miles (PAMs) to date! WOW! A remarkable number!

Remember, any type of continuous exercise can convert into PAMs – as long as you keep it up for at least 15 minutes. So... when you take the kids roller skating this weekend, be sure to keep track of those wonderful PAMs you'll be earning.

Teams must continue to participate and report weekly progress. Captains should continue to turn in weekly PAM calculations to Joyce Jennings (CHR mailstop 3C-G).

Keep your goal in mind: 420 PAMs by June 3!

#### Pedometers

Keep watching CHFS Focus to find out when pedometers will be available. A \$1 donation can be accepted to help defray this cost. A pedometer is not required to participate in the Get Moving CHFS! program.

#### The Numbers

Below you will find a link to the latest PAM calculations. Look for your captain's name to find your team totals. The list is in alphabetical order.

PAM Composite Report ([link](#))

### Getting Serious! - Get Moving CHFS teams still walking, running, biking and mowing.

#### Kashi

When asked how they came up with their team name, team captain Kathy Frye said it "actually was a joke about the "leaves and twigs" cereal their supervisor, Lorna Jones eats all the time. We were trying to come up with a healthy name like Healthy Nuts, when someone suggested we call ourselves Kashi."

Exercising independently, each team member has her or his own exercise preference. Frye walks and does jazzercise. Sam Dunn runs and works out at a gym. Lisa Goins walks on a treadmill and plays golf. And Lorna Jones walks four miles around her neighborhood each evening.

"We thought we were doing really well until we saw the totals for the first week," Frye said. "But we're having fun - we always have fun."

#### 4 for 420

Team captain David Kjelby said he and his team are competing against all the other teams.

And they have a secret weapon named Trish Wiglesworth who is training for the Ironman Florida Triathlon to be held in Panama City, Fla. in November. The triathlon competition consists of three events: running, swimming, and cycling. In preparation she competed in the Heart & Sole Triathlon held in Versailles on April 23.

"It's no surprise that Trish is leading our team in PAMs," Kjelby said.

But the rest of the team are no slackers. Wayne Clayton runs, walks, lifts weights, mows the lawn and does yard work.

Phil Maciag goes to a gym every other day to ride a stationary bike; uses a transporter, which is like a cross-country ski machine; and lifts weights. He also mows the lawn and walks his dog.

Kjelby, a member of the BLUEgrass Runners club in Lexington, likes to run on the six- to nine-mile courses near his home. He, too, gets in some mowing and walking.

#### Lalapalooza Ladies

The "ladies," according to team captain Nancy Briggs, do a lot of heavy housework, yard work, walking and golf. "One team member, who lives on a farm and has a very large yard, mows with a push mower," Briggs said.

"We do a lot of joking and encouraging each other, but we're not really trying to compete with other teams," she said. "We're just trying to do our best."

Team members are Briggs, Susanna Ferguson, Sharma Klee and Paula Alexander.

### Gene Therapy

"How did we come up with the name?" team captain Dana Abbot asked. "Well, Dr. Foster is a therapeutic person, and the name of his boat is 'Gene Therapy,'" she said. "It made sense to us."

Team members consist of Abbot, Gene Foster, Eric Friedlander and Jeff Jamar.

"We all walk and do our normal activities," Abbot said, "but Jeff runs four or five miles before work every day - and lift weights. He's our ace in the hole."

"This is such an interesting pilot," she said. "Even though the results are not immediate, we're all feeling better - and eventually we'll look better!"

### The Wheezers

"We have one team member, Jamie Burton, who exercises regularly," said Karen Spradling, team captain. "The rest of us are the 'wheezers'."

But that's not exactly true. Alicia Tobin, Donna Hillman and Spradling do yard work and walk. And Spradling sings with a band. "We do four 45-minute sets, and I dance most of the time, so I decided that would count for some PAMs," she said.

"There is a lot of competition among the 21 MHMR teams, thanks to Janis Lunsford," Spradling said. "And the pedometers really make a difference - we pay attention to our pedometers. The whole program is a great way to get people to pay attention to how much exercise they are getting."

### Signed flag, child's essay are part of child abuse awareness efforts

By Anya Armes  
Weber

The cabinet's "commitment flag" hangs in the Frankfort Human Resources Building's lobby.



About 5,100 2004 Kentucky State Fair visitors signed the two-sided flag and similar paper banners to show their commitment to protecting children and older Kentuckians from abuse and neglect.

A flag displayed in the Frankfort Human Resources Building's lobby is part of the cabinet's continued efforts to raise awareness during Child Abuse Prevention Month. The flag will continue to hang during the first two weeks of May, which is Elder Abuse Prevention Month.

The flag says "Keeping kids and seniors close to the heart of Kentucky -- Cabinet for Health and Family Services" and shows an outline of the state with a large heart in the middle. It was an element at the cabinet's 2004 Kentucky State Fair display.

Cabinet workers at the fair booth encouraged guests to sign the flag, and in doing so, make a pledge to keep children and senior citizens safe from abuse by reporting anything suspicious and paying attention to the activity in their neighborhoods.

About 5,100 visitors signed the two-sided flag and five accompanying paper banners to show their commitment to protecting children and older Kentuckians from abuse and neglect.

Another activity, cosponsored by the cabinet and Prevent Child Abuse Kentucky (PCAK), helped educate elementary school students about child abuse prevention.

Katlyn Ezell, a fifth-grader at Morningside Elementary in Hopkinsville, won the PCAK's essay contest with the following piece.

### Kids Are Important! The ABC's of Child Abuse and Neglect. How Kids Can Help

By Katlyn Ezell

I am only 10 years old, but I already know what child abuse is. I have never experienced it myself, but I've been hearing about it as long as I can remember. My parents have never abused me, but I sure have heard a lot of stories and seen a lot of TV. I know that I have a lot to learn in life, but I have a few ideas of my own on how we can stop child abuse.

I need to let everyone know it is happening everyday everywhere. I think by letting people know it is going on it might encourage them to take steps in the right direction to make it stop. Some people do not even realize it really happens! Let's educate those people!!!



I also think we ought to make sure there are classes available for all ages to educate people about child abuse. We need to educate adults and children. Adults need to know if their behavior is wrong. They need to know if their way of treating their children is a kind and healthy way or if it is hurtful and wrong. I think classes could be held in free buildings. We could get doctors to volunteer their time to help save children by leading these classes. We could make it a law that says every person who has a child must take the class. I guess maybe one way to get them to take the class is to give them a coupon to save on taxes by taking the class. That would probably get them all to do it.

I think we could start a special child abuse phone number. We all know to dial 911 in case of fire, theft, medical emergency, or to call the police or medical personnel. What if we had a number just for child abuse. A number kids could call and not have to explain why they are calling. A number where someone answers and knows why you need help. A safe voice on the phone all the time. A number just for the child who needs it. A number just to cry when you know you need help and don't have to hurt for a place to get it. It could be 123. That way we could tell all the children in the United States "It's as easy as 1-2-3." I know child abuse is happening all over the world, but if we start with the United States the other countries will follow our lead, at least that is how it usually works.

In closing, I just want everyone in the United States to know that I may just be a kid, but I know child abuse is happening in this great big grown up world, then it must be really bad. I hope with all my heart that maybe, just maybe, one person reading my essay today will do one small thing to stop child abuse from happening. If every person who read my essay did one thing to stop or prevent child abuse and then told one person they knew to do the same we would already have a start to getting our 1-2-3 system going!

(Reprinted as submitted by author.)

**Report child abuse, neglect or exploitation statewide by calling (800) 752-6200, local law enforcement or the Protection and Permanency Office in your county. If a child is in immediate danger, dial 911.**

## Dietary Guidelines for Americans 2005

Eating healthy is a major part of your overall good health. Good dietary habits can also reduce risk for major chronic diseases.

Choosing the right foods can help your body work properly and give you energy to burn.



Read on for important dietary guidelines from the U.S. Department of Health and Human Services.

## ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

- ◆ Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt and alcohol.
- ◆ Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

## WEIGHT MANAGEMENT

- ◆ To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.
- ◆ To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

## FOOD GROUPS TO ENCOURAGE

- ◆ Consume a sufficient amount of fruits and vegetables while staying within energy needs. Two cups of fruit and 2½ cups of vegetables per day are recommended for a reference 2,000-calorie intake, with higher or lower amounts depending on the calorie level.
- ◆ Choose a variety of fruits and vegetables each day. In particular, select from all five vegetable subgroups (dark green, orange, legumes, starchy vegetables, and other vegetables) several times a week.
- ◆ Consume 3 or more ounce-equivalents of whole-grain products per day, with the rest of the recommended grains coming from enriched or whole-grain products. In general, at least half the grains should come from whole grains.
- ◆ Consume 3 cups per day of fat-free or low-fat milk or equivalent milk products.

For more information, visit [www.health.gov](http://www.health.gov) and/or [www.mypyramid.com](http://www.mypyramid.com).

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## CHFS Health Tip of the Week: Take Care of Your Feet

By Anne Parr, R.N.

The foot has two vital functions – to support the weight of the body in standing or walking and to act as a lever to propel the body forward. However, the foot is a complex and interesting appendage that requires diligent care.



Below are some facts about the human foot.

- ◆ Three out of four Americans experience serious foot problems in their lifetime.
- ◆ The human foot is comprised of 26 bones, 33 joints, 19 muscles and 107 ligaments and tendons that hold the structure together and allow it to move in a variety of ways. When these bones are out of alignment, so is the rest of the body.
- ◆ The 52 bones in your feet make up about one quarter of all the bones in your body.
- ◆ It is usually neglect and a lack of awareness of proper care -- including ill-fitting shoes -- that bring on problems. The best way to improve blood circulation to your feet is to wear comfortable shoes that fit well.
- ◆ Women have about four times as many foot problems as men; lifelong patterns of wearing high heels often are the culprit.
- ◆ Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control and promoting all-around well-being.
- ◆ Your feet mirror your general health. Conditions such as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in the feet -- so foot ailments can be your first sign of more serious medical problems.
- ◆ There are 250,000 sweat glands in a pair of feet. Sweat glands in the feet excrete as much as a half-pint of moisture a day.
- ◆ The average person takes 8,000 to 10,000 steps a day, which adds up to about 115,000 miles over a lifetime. That's more than four times the circumference of the globe.

For more information about foot health, visit the American Podiatric Medical Association's Web site at [www.apma.org/pubrelat.html](http://www.apma.org/pubrelat.html).

## Learn the latest about the new food pyramid from the experts!

Registered Dietitians and/or Certified Nutritionists from the CHFS Wellness Committee will provide state-of-the-art information about the United States Department of



Agriculture's new food pyramid at a brown bag luncheon from noon until 1 p.m. on Wednesday, May 4, in the cafeteria. Join us and learn the what, how and why to personalize your food choices for a healthy diet. You will be provided information on how to access and use the interactive Web site, <http://www.mypyramid.gov>. Door prizes and educational materials will be provided. The committee looks forward to seeing you on the first Wednesday in May!

## Ten-Ure Convention information available online

The annual Ten-Ure Conference "54 And Striving for More" will be held May 18 - 20 at the Executive West Hotel in Louisville. Convention information is on the Ten-Ure Web site at [www.ten-Ure.org](http://www.ten-Ure.org). For more information, contact Teresa Proffitt at [Teresa.Proffitt@ky.gov](mailto:Teresa.Proffitt@ky.gov).

## Severe Weather Procedures for CHR Complex

During severe weather season it is vitally important to know what to do. In the CHR Complex, a severe weather incident will be announced by intercom. An announcement can now be heard in all three buildings - the Health Services Building, the Human Resources Building and the CUP or support building.

If you receive a tornado warning, seek shelter in the areas of the ground floor designated as a Tornado Shelter Area. Do not use the escalators. One elevator in the CHR building and one elevator in the lobby of the HSB will be used to transport individuals that need assistance. Do not use stairwells C and E, as they do not lead to the Tornado Shelter Area.

Non-approved areas are the snack bar, areas with glass, stairwells and outside. Remember to remain calm and help one another.

Should you have any questions about these procedures, please contact the Facilities Management Division at 564-6631.





## Employee Enrichment

*By Anya Armes Weber*

*Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.*

Next week is National Public Employee Recognition Week, and it's a good time to tell our coworkers and staff how much we appreciate them. But where do we start? Peoplemanager.com, a human resources management Web site, says there are no hard and fast rules about how to extend special recognition.

It offers these common reasons and occasions for recognition and reward:

- ◆ Length of service -- usually landmark anniversaries like one, five, 10 and 20 years of service
- ◆ Retirement
- ◆ Safety -- usually more common in manufacturing businesses, this includes recognition for achieving a certain number of days without an on-the-job injury
- ◆ Attendance -- six months or a year without an absence is the typically rewarded goal
- ◆ Productivity
- ◆ Customer service
- ◆ Superior performance awards -- Usually for outstanding effort and achievement on a specific project

Employee of the month programs are also good incentives as a chance for staff to recognize each other for a special honor and even persevere to try for their own nomination. General reliability and resourcefulness could also be rewarded.

Recognition doesn't have to be a big deal. Sometimes sharing just a "thank you" is enough to keep up employees' spirits.